

## 2003 California Children's Healthy Eating and Exercise Practices Survey

**Table 64: Top Ten Most Common Forms of Exercise or Physical Activity per Typical Weekday for All Occasions (Diary Sample)**

Type of exercise, physical activity, or sports in which your child participated during this part of the day (morning, afternoon, evening).

Rank	State Total	Boys	Girls
1st	Walking	Basketball	Walking
2nd	Basketball	Running/ Jogging	Running/ Jogging
3rd	Running/ Jogging	Walking	Playground Games
4th	General Recess	General Recess	General Recess
5th	Bicycling	Bicycling	Basketball
6th	General P.E.	Baseball	Playground Equipment <sup>4</sup>
7th	General Play <sup>1</sup>	Soccer	General P.E.
8th	Baseball	General Play	Bicycling
9th	Playground Games <sup>2</sup>	General P.E.	Rope Skipping
10th	Soccer	Tag <sup>3</sup>	General Play

Rank	White	African-American	Latino	Asian/Other
1st	Running/ Jogging	Basketball	Walking	Walking
2nd	Walking	Running/ Jogging	Basketball	Basketball
3rd	Basketball	Walking	Running/ Jogging	Running/ Jogging
4th	General Recess	Dancing	General Recess	General Recess
5th	Playground Games	General Recess	Bicycling	Bicycling
6th	Bicycling	Kickball	General Play	Baseball
7th	Baseball	General Play	General P.E.	General P.E.
8th	General P.E.	General P.E.	Baseball	Soccer
9th	General Play	Playground Games	Soccer	General Play
10th	Playground Equipment	Bicycling	Playground Games	Playground Equipment

<sup>1</sup> General play includes tree climbing, playing with the dog, etc.

<sup>2</sup> Playground games include hopscotch, four-square, tetherball, etc.

<sup>3</sup> Tag includes tag, capture the flag, hide and seek, etc.

<sup>4</sup> Playground equipment includes swings, see-saw, bars, slide, etc.

Shaded boxes were tied for a ranking.